

2008-2009  
6th Grade Workbook



Name: \_\_\_\_\_

# A Close Look at MyPyramid

For Kids

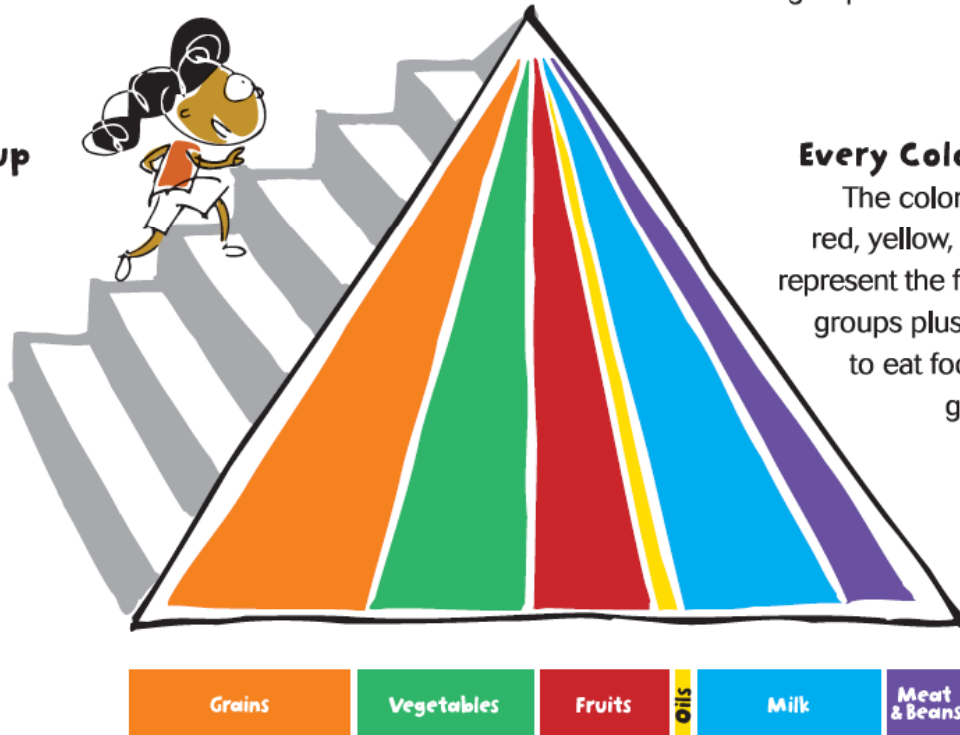
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

# Introduction



Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.

Fruits and vegetables are full of vitamins and minerals that your growing body needs. Look on the left page to find where fruits and vegetables are part of MyPyramid.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

**You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!**

**1/2 cup of fruit**



**1/2 cup of vegetables**



**1 cup of fruit**

**1 cup of raw leafy greens**













**1/2 cup of vegetables**



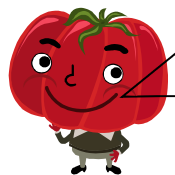
**1/2 cup of vegetables**

**1/4 cup of dried fruit**



Fruit or Vegetable	I liked it	I am not sure if I liked it	I did not like it	I will try this again	Why it is good for me
Tomato					
Winter Squash					
Persimmon					
Dried Fruit					
Mandarin					
Cabbage					
Peas					
Asparagus					
Avocado					
Peach					

# September Tomatoes



**Did  
you  
know?**

- Tomatoes are a high source of vitamins A, C and lycopene.
- Lycopene is an antioxidant. Antioxidants help keep our body healthy.
- In 1893, the U.S. Supreme Court declared the tomato a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a tax on vegetables but not fruits.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_  
cups of tomatoes  
this week.

**List 3 adjectives that describe a tomato:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



## Tomato Nutrition Facts

**Calculate the following information based on  
1/2 cup of chopped, red tomato.**

Example:

16 calories                      \_\_\_\_\_ grams (g) total fat

\_\_\_\_\_ milligrams (mg) sodium

\_\_\_\_\_ g carbohydrate                      \_\_\_\_\_ g dietary fiber

\_\_\_\_\_ g sugar                      \_\_\_\_\_ g protein

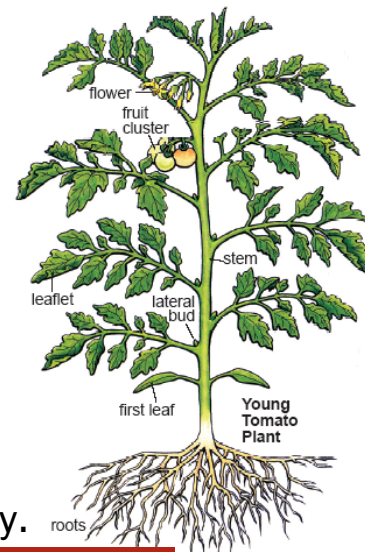
\_\_\_\_\_ % calcium                      \_\_\_\_\_ % vitamin A

\_\_\_\_\_ % vitamin C                      \_\_\_\_\_ % iron

## **Nutrition Facts**

Serving Size: 1 cup, chopped, red tomato (180g)	
Calories 32	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30% Vitamin C 38% Calcium 2% Iron 3%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



## **Making a Plan**

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

<b>Boys</b>		
	<b>Age 11</b>	<b>Age 12-13</b>
<b>Fruits</b>	2 cups	2 cups
<b>Vegetables</b>	2.5 cups	3 cups
<b>Girls</b>		
	<b>Age 11</b>	<b>Age 12-13</b>
<b>Fruits</b>	1.5 cups	2 cups
<b>Vegetables</b>	2.5 cups	2.5 cups

**Please note:** The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov

**Make a plan for how you will include fruits and vegetables in every meal.**

For breakfast, I will eat \_\_\_\_\_

\_\_\_\_\_

For lunch, I will choose \_\_\_\_\_

\_\_\_\_\_

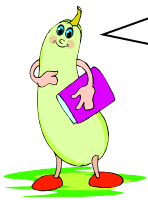
For dinner, I will eat \_\_\_\_\_

\_\_\_\_\_



I am currently eating \_\_\_\_ cups of fruit and \_\_\_\_ cups of vegetables. I will need to eat \_\_\_\_ cups of fruit and \_\_\_\_ cups of vegetables to reach my goal.

# October Winter Squash

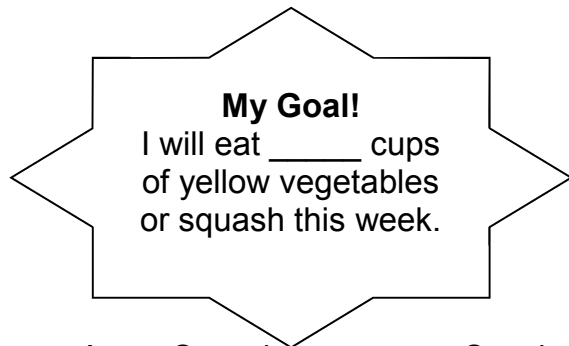


**Did you  
know?**

- Winter squash are a high source of vitamins A, C, and fiber.
- Vitamin A is important to maintain healthy vision.
- Fiber has many benefits, including keeping your digestive tract healthy.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_



**List 3 adjectives that describe winter squash:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Acorn Squash



Spaghetti Squash



Turban Squash



Carnival Squash



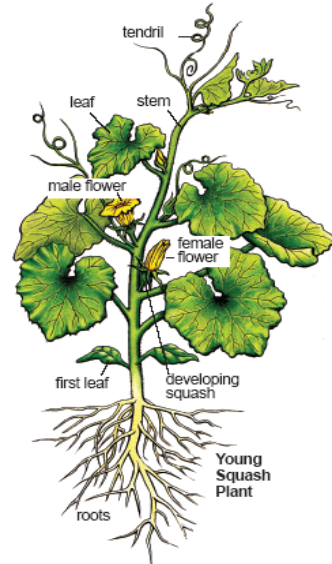
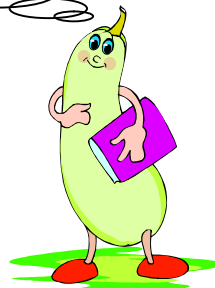
- 1) How many grams of fiber are in a 1/2 cup of cooked winter squash? \_\_\_\_\_
- 2) What is the percent of the Daily Value for vitamin A? \_\_\_\_\_
- 3) What is the percent of the Daily Value for vitamin C? \_\_\_\_\_
- 4) Does winter squash have protein? \_\_\_\_\_
- 5) How many grams of protein does 1/2 cup of cooked winter squash have? \_\_\_\_\_

## Nutrition Facts

Serving Size: 1 cup, cooked, cubes (205g)	
Calories 76	Calories from Fat 6
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	23%
Sugars 7g	
Protein 2g	
Vitamin A 214%	Vitamin C 33% Calcium 5% Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

How do I grow?  
Let's take a look!



## How to Read the Nutrition Facts Label

1 Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I eating?"

**What is the serving size for the macaroni & cheese?** \_\_\_\_\_

2 Calories provide a measure of how much energy you get from a serving of food.

**How many calories are in the whole container?** \_\_\_\_\_

3 Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

4 Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

5 The percent (%) Daily Value on a food label tells you how this food can help meet daily goals. Look at the label to the right for macaroni and cheese. You can see that 1 cup of macaroni & cheese provides 4 percent of vitamin A. So that means you would have to eat other foods to get 100% of the vitamin A needed each day.

Sample label for  
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5

The % **Daily Value** shows whether that food is high or low in a certain nutrient:

**5% or less = Low Source**

**10-19% = Good Source**

**20% or more = High Source**

Source: <http://www.cfsan.fda.gov/~dms/foodlab.html>

1) The percent Daily Value for calcium is 20%, is that a low, good, or high source? \_\_\_\_\_

2) Identify two parts of the food label that can help you make a healthy choice

1) \_\_\_\_\_ 2) \_\_\_\_\_

# November Persimmons



**Did you  
know?**

- There are 2 different forms of fiber: soluble and insoluble.
- Persimmons are a high source of fiber, mostly in the form of soluble fiber.
- Soluble fiber has been shown to protect against heart disease.

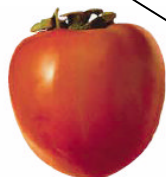
**Summarize the above information:** \_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_ cups  
of persimmons or  
other orange fruit  
this week.

**List 3 adjectives that describe persimmons:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



Hachiya



Fuyu



- 1) How many grams of fiber would be in  $\frac{1}{2}$  of a persimmon? \_\_\_\_\_g
- 2) If you ate  $\frac{1}{2}$  of a persimmon, what percent Daily Value would you get for fiber? \_\_\_\_\_%
- 3) What would be the percent of your Daily Value for vitamin A in  $\frac{1}{2}$  a persimmon? \_\_\_\_\_%
- 4) What would be the percent of your Daily Value for vitamin C in  $\frac{1}{2}$  a persimmon? \_\_\_\_\_%
- 5) If you ate  $\frac{1}{2}$  a persimmon, which would you get a high amount of ? (Circle one) Vitamin A, Vitamin C, or fiber?

## Nutrition Facts

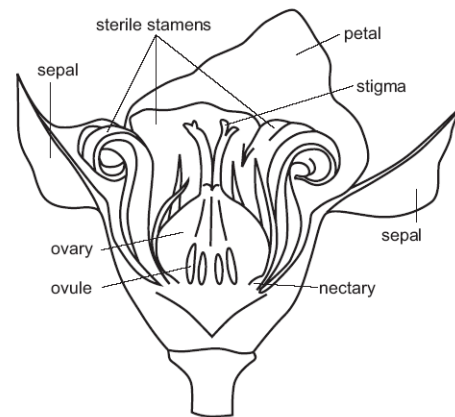
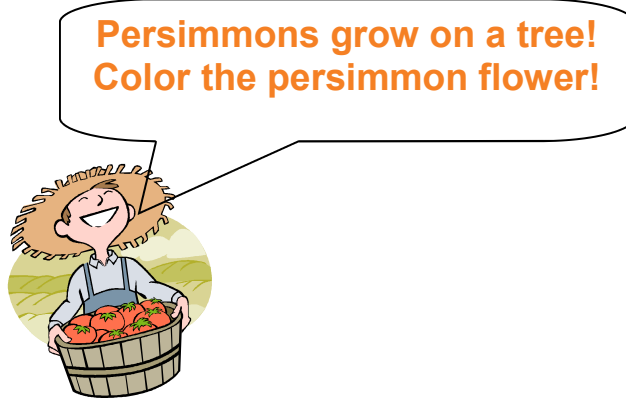
Serving Size: 1 medium persimmon (168g)

Calories 118

Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55%	Vitamin C 21%
Calcium 1%	Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



## Crack the Nutrition Facts!

Adapted from Montebello USD—Network for a Healthy California

### Persimmon

Nutrition Facts	
Serving Size: 1 medium persimmon (168g)	
Calories 118	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55% Vitamin C 21% Calcium 1% Iron 1%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Baked Hot Cheese Puffs

Nutrition Facts	
Serving Size: About 21 pieces (28g)	
Servings per Container: About 4	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	2%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

### Hot Cheese Puffs

Nutrition Facts	
Serving Size: About 21 pieces (28g)	
Servings per Container: About 4	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

- 1) Circle what "serving size" is on all 3 labels. What is a "serving" of Hot Cheese Puffs? \_\_\_\_\_
  - 2) Circle the total fat grams on all 3 labels. Which of the 3 has the most total fat (in one serving)? \_\_\_\_\_  
Which has the least? \_\_\_\_\_
  - 3) If you were really hungry and you ate one whole bag of "Baked" Hot Cheese Puffs, how many grams of total fat would you be eating? \_\_\_\_\_
  - 4) How many total grams of fat in one bag of "Regular" Hot Cheese Puffs? \_\_\_\_\_
  - 5) How many grams of total fat are in 1 medium persimmon? \_\_\_\_\_
  - 6) Circle the amount of fiber on each label. Based on what you have circled on the Nutrition Facts label, what is the lowest fat choice? \_\_\_\_\_, and the highest fat choice? \_\_\_\_\_
- List two reasons why persimmons would be a healthier choice than cheese puffs

a) \_\_\_\_\_ b) \_\_\_\_\_

# December Dried Fruit



**Did you  
know?**

- Dried fruit contains potassium.
- The body needs potassium to maintain muscle contractions and a healthy nervous system.
- California is the world's leader in dried plums, producing about 65 percent of the world's supply.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_\_  
cups of dried  
fruit this week.

**List 3 adjectives that describe dried fruit:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Raisins



Date



Dried Plum



Dried Fig



Dried plums (prunes), raisins, and dried apricots are dried fruit that contain some iron. Iron is important to make hemoglobin [hē-mə-glō-bən], a substance in red blood cells that carries oxygen to the rest of your body. Iron is a mineral that can be found in soil, air, water, and in the plants and animals we use for food.

- 1) How much iron would be found in 1/8 cup of raisins?  
\_\_\_\_\_ %
- 2) Would 1/8 cup of raisins provide a high, good or low source of iron? \_\_\_\_\_
- 3) How much iron would be found in 1/2 cup of raisins?  
\_\_\_\_\_ %
- 4) Would 1/2 cup of raisins provide a high, good, or low source of iron? \_\_\_\_\_
- 5) Iron is an important \_\_\_\_\_ for your body. Your body needs iron to make \_\_\_\_\_.

## Nutrition Facts

Serving Size: 1/4 cup raisins (40g)

Calories 130

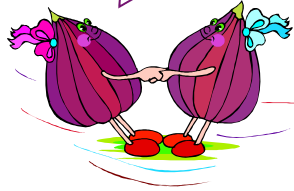
Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	
Vitamin A <2% Vitamin C <2% Calcium 2% Iron 6%	

Source: [www.calraisins.org](http://www.calraisins.org)

How are  
raisins  
made?

Bunches of grapes are hand-picked by field  
workers. They are placed on trays and  
allowed to dry for two to four weeks.



**Friendly  
Figs!**



Photo source: ebfarm.com

- |                |   |                       |
|----------------|---|-----------------------|
| A. Cranberries | → | Dried Cranberries     |
| B. Grapes      | → | Raisins               |
| C. Plums       | → | Dried Plums or Prunes |

A

B

C

## Is There a Difference Between Fruits and Vegetables?

**Yes!** However, determining whether produce is a fruit or vegetable can be a little tricky at times. Let's learn about the difference between fruits and vegetables by reading the information below.

### What is a fruit?

Basically, almost everything that contains seed(s) inside is botanically a fruit! Fruit is the sweet, ripened ovary or ovaries of a seed-bearing/flowering plant. The function of the fruit is to protect the seeds and play a part in their distribution. Animals eat the fruit and then later "distribute" the seeds with accompanying "fertilizer."

### What is a vegetable?

Vegetables are the edible product of herbaceous plants and are grouped according to the edible part of each plant: **leaves** (lettuce), **stem** (celery), **roots** (carrot), **tubers** (potato), **bulbs** (onion), and **flowers** (broccoli). \*Remember plant germination and reproduction are related to the structure and function of seeds, flowers, and fruits. Some items we call vegetables are actually a fruit, such as a tomato, squash beans and cucumbers.

**Directions:** Determine which of the following nouns listed below are *botanically* a fruit or vegetable. Write your answer on the lines below.

avocado	_____
kiwi	_____
artichoke	_____
broccoli	_____
banana	_____
tomato	_____
honeydew	_____
grapes	_____
brussel sprouts	_____
cabbage	_____
celery	_____

jicama	_____
carrot	_____
cucumber	_____
papaya	_____
orange	_____
asparagus	_____
squash	_____
beans	_____
pineapple	_____
zucchini	_____
pumpkin	_____

# January Mandarins



**Did you  
know?**

- Mandarins are a high source of vitamin C.
- Mandarins are also a good source of vitamin A.
- Satsumas, Clementines, and Minneola tangelos are the State's top three mandarin varieties.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_\_  
mandarins or  
oranges this week.

**List 3 adjectives to describe mandarins:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



**Vitamin C is an antioxidant [an-tē-āk-sə-dənt]. Antioxidants:**

- Help prevent damage to cells
- Can promote healthy vision
- Keep the immune system healthy
- Help your heart stay healthy and help prevent cancer

1) Flip back to September's worksheet on tomatoes. What is the percent Daily Value of vitamin C found in 1 cup of tomatoes? \_\_\_\_\_%. Which food has a higher percentage Daily Value of vitamin C per serving? Mandarins or tomatoes? \_\_\_\_\_

2) Which has a higher amount of fiber? \_\_\_\_\_

3) I will try to eat more fruits and vegetables because they contain antioxidants. Antioxidants help my body because \_\_\_\_\_

## Nutrition Facts

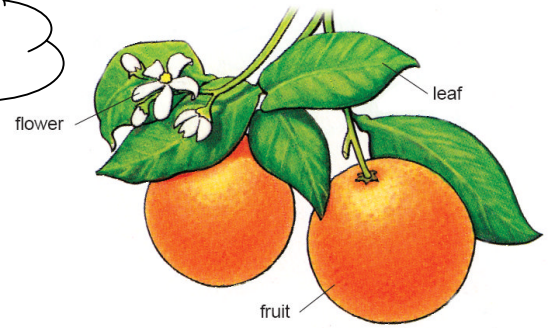
Serving Size: 1 medium mandarin (88g)

Calories 47

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	
Vitamin A 12% Vitamin C 39% Calcium 3% Iron 1%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



# Eat a Rainbow!

Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors and they all contain different nutrients that help your body grow. Make sure you eat a rainbow of colorful fruits and vegetables every day!



Write a paragraph explaining why it is important to eat a variety of colored fruits and vegetables and how you will eat more of them everyday.

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# February Cabbage



**Did  
you  
know?**

- Cabbage is a high source of vitamin C and K.
- Vitamin K helps to make proteins that cause your blood to clot. When you have a cut, vitamin K helps stop the bleeding.
- Opening of trade with Asia in the late 19th century brought Chinese cabbage to California.

**Summarize the above information:** \_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_ cups of  
cabbage or other  
green vegetables this  
week.

**List 3 adjectives that describe cabbage:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Red (Purple) Cabbage



Savoy Cabbage



Chinese Cabbage



Green Cabbage



**Cabbage is a high source of vitamin C. Vitamin C:**

- Helps keep your gums healthy
- Helps heal cuts and wounds
- Helps fight sickness

- 1) Refer to last month's worksheet on mandarins. Vitamin C is an example of an \_\_\_\_\_.
- 2) What would the percent Daily Value for vitamin C be if you ate enough cabbage to get 38 calories? \_\_\_\_\_%
- 3) What would the percent Daily Value for vitamin A be if you ate enough cabbage to get 38 calories? \_\_\_\_\_%
- 4) My body would benefit from eating more fruits and vegetables that contain vitamin C because \_\_\_\_\_

## Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

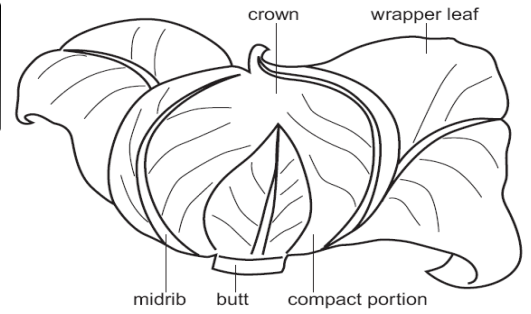
Calories 19

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	
Vitamin A 14%	Vitamin C 36%
Calcium 2%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

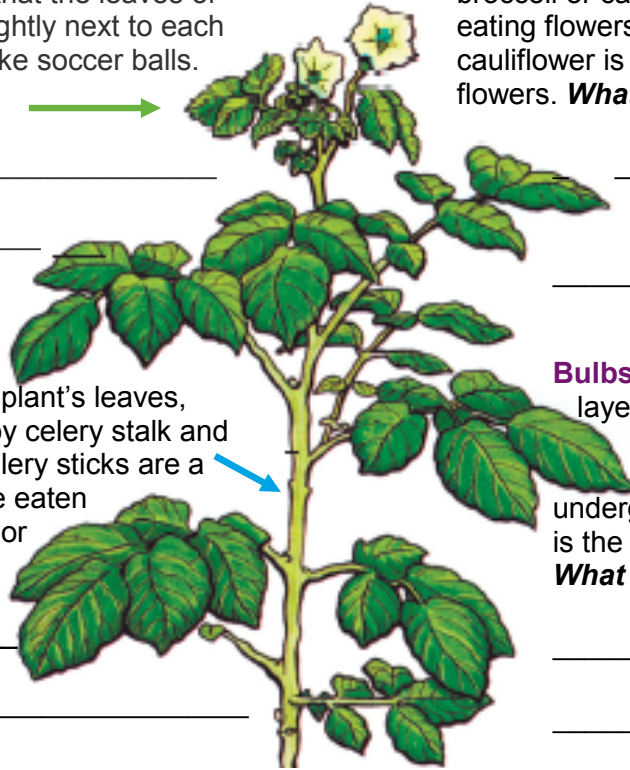
Cabbage grow above the ground. Color in the different parts of a cabbage!



## Vegetables are edible plants!

**Leaves:** Some leaf plants like spinach have loose leaves. But have you ever noticed that the leaves of a cabbage head are packed very tightly next to each other? Cabbage heads are round like soccer balls.

**What leaves do you eat?**



**Stems & Stalks:** They support the plant's leaves, flowers, and fruits. We eat the crispy celery stalk and the stem of the asparagus plant. Celery sticks are a yummy snack, especially if they are eaten with peanut butter, cottage cheese or yogurt! **What stems and stalks do you eat?**

**Flower:** Did you know that eating broccoli or cauliflower means that you are eating flowers? The white head of the cauliflower is made up of little white flowers. **What flowers do you eat?**



**Bulbs:** Bulbs are thin, tightly folded layers of leaves attached to a short stem. The base of these big leaves is big—and it grows underground. The best example of a bulb is the onion and garlic.

**What bulbs do you eat?**

**Tubers:** Tubers, like bulbs and roots, grow underground. When you are eating a potato, you are eating a tuber. Have you ever seen a potato looking at you? The spots on a potato are called eyes. They are underdeveloped buds where new plants can grow from.

**What tubers do you eat?**

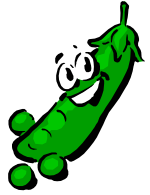
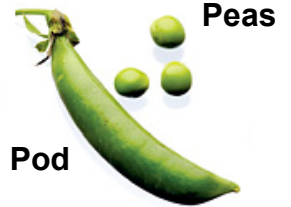


**Roots:** If you are eating carrots, sweet potatoes, turnips, or beets, you are eating roots! How did this root get so fat? It is because the plant ends up taking in more food than it can use, and so it stores the extra food in its roots. Then these roots get bigger and bigger until we pull them up and eat them! **What roots do you eat?**



Content adapted from: [jmu.edu/biology/k12/garden.parts.htm](http://jmu.edu/biology/k12/garden.parts.htm)

# March Peas



**Did  
you  
know?**

- Cooked green peas are a high source of vitamin A.
- A half-cup of cooked green peas have 4 grams of protein.
- Edible-pod peas are a good source of fiber and iron.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

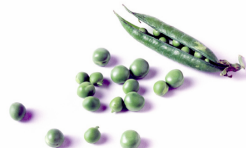
**List 3 adjectives that describe peas:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_\_  
cups of peas  
this week.



**Peas are an excellent source of vitamin A. Vitamin A helps your eyes see better in low light and helps protect your skin and body tissues from infection.**

- 1) If you ate 1/2 cup of peas, would this give you a high source of fiber? Yes No
- 2) If you ate 1 cup of peas, how much fiber would you get?  
\_\_\_\_\_ grams \_\_\_\_\_ % Daily Value
- 3) Is 1 cup of peas a high or good source of fiber?  
\_\_\_\_\_

## Nutrition Facts

Serving Size: 1/2 cup green peas, cooked (80g)

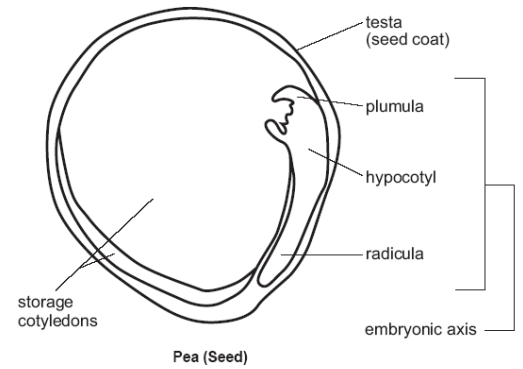
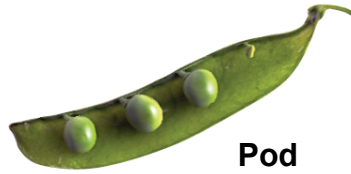
Calories 62

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	
Vitamin A 34%	Vitamin C 13%
Calcium 2%	Iron 7%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

I grow on a vine or on a bush. Color in the pea!



## Home Grown Facts!

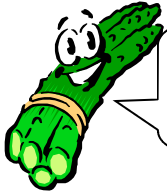


Green peas are among the top ten most commonly eaten vegetables (fresh, frozen, or canned) by California children. California leads the nation's production of Chinese peas (an edible-pod variety). Edible pod peas are grown year-round in San Luis Obispo and Santa Barbara counties. Over 5,000 acres are harvested for green and edible-pod peas. Santa Barbara, San Luis Obispo, Monterey and Stanislaus counties produce more than 85 percent of the State's 19,000 tons of peas valued at about \$29 million.

- 1) What type of pea is among the top ten most commonly eaten vegetables by California children? \_\_\_\_\_
- 2) What state leads the production of Chinese peas? \_\_\_\_\_
- 3) What counties in California grow edible pod peas year-round?  
\_\_\_\_\_
- 4) If California produced 19,000 tons of peas and the combined counties of Santa Barbara, San Luis Obispo, Monterey, and Stanislaus produced 85% of 19,000, then how many tons of peas would those counties produce? \_\_\_\_\_

Show your work:

# April Asparagus



**Did you know?**

- Asparagus is a high source of vitamin K and folate.
- Asparagus is a good source of vitamin A and vitamin C.
- In proper conditions, asparagus can grow as much as one inch per hour—up to 12 inches in one day.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_ cups of asparagus or other green vegetables this week.

**List 3 adjectives that describe asparagus:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



Asparagus is a high source of folate. Sometimes folate is called folic acid. Folate is one of the several types of B vitamins. Each type of B vitamin has a special role in the body. Folate helps:

- Make new body cells
- Form hemoglobin (remember December's lesson?)
- Protect against heart disease
- 

Citrus fruits, dried beans, spinach, broccoli, and avocados are good sources of folate.

1) Explain why eating asparagus can help your body. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

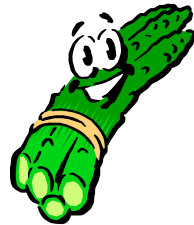
\_\_\_\_\_

## Nutrition Facts

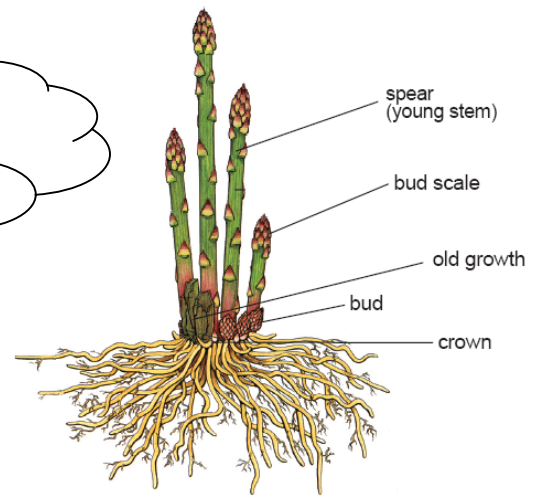
Serving Size: ½ cup asparagus, cooked (90g)  
Calories 20 or about 5 spears **Calories from Fat 2**

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18% Vitamin C 12% Calcium 2% Iron 5%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



How do I grow?  
Let's take a look!



**Directions:** Place the following words in the appropriate spaces: vitamin C, vitamin A, fiber, potassium, and calcium.

Hint: Review the previous months to find the answers.

Example: Vitamin E may lower the risk of heart disease and may help lower the risk of some types of cancer. This vitamin works as an antioxidant. Sources include vegetable oils, nuts, and seeds.

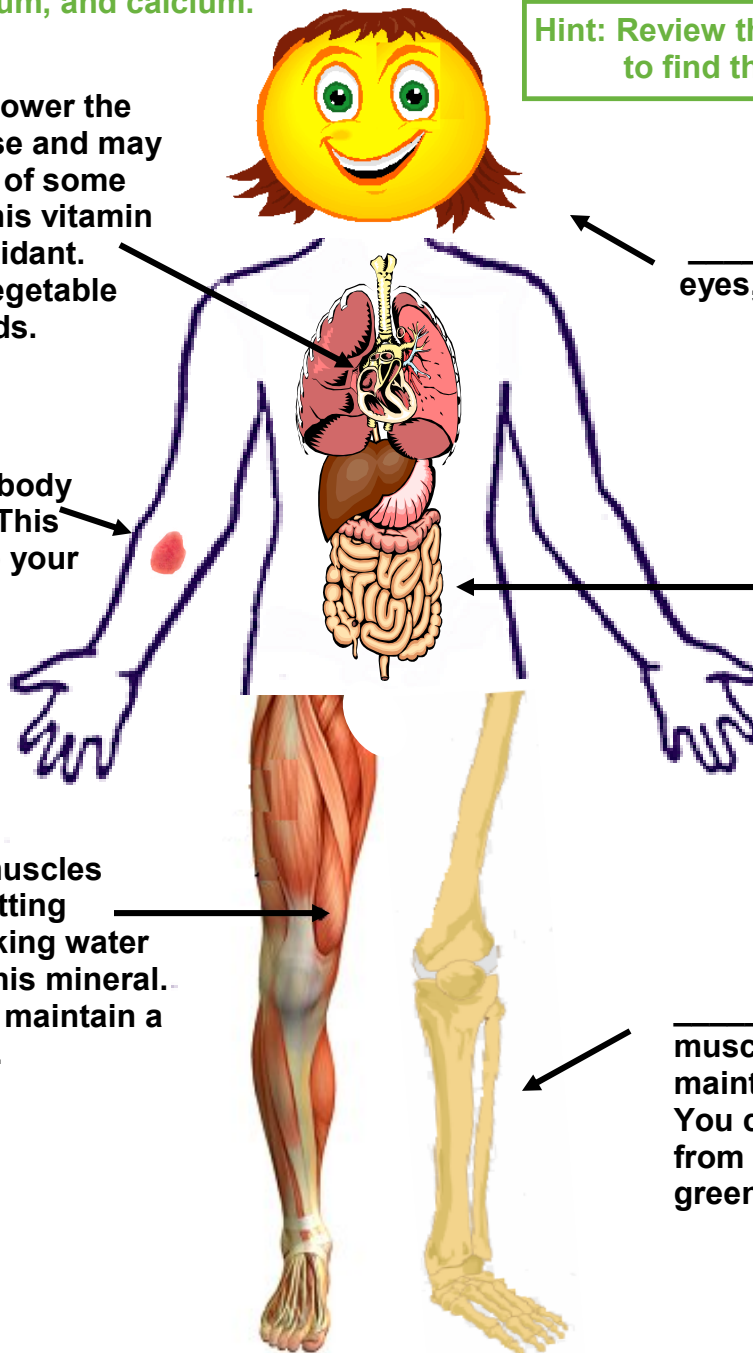
\_\_\_\_\_ helps the body heal cuts and wounds. This vitamin also helps keep your gums healthy.

\_\_\_\_\_ helps muscles work. You can avoid getting muscle cramps by drinking water and eating foods with this mineral. This mineral also helps maintain a healthy blood pressure.

\_\_\_\_\_ keeps my eyes, skin, and hair healthy.

\_\_\_\_\_ helps move waste through the intestinal tract and prevents constipation.

\_\_\_\_\_ helps with muscle contractions and maintaining strong bones. You can get this mineral from dairy products and green leafy produce.



# May Avocados



**Did  
you  
know?**

- Avocados are a source of antioxidants, including vitamin E.
- Avocados are a source of many minerals including potassium, iron, magnesium, and manganese.
- Native to the tropics of Central America, the avocado tree originated in southern Mexico and Columbia around 5,000 B.C.E.

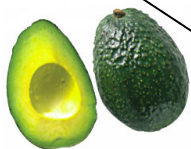
**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

I will eat \_\_\_\_\_  
cups of avocados  
or other green  
fruit this week.

**List 3 adjectives that describe avocados:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



**Most of the fat in avocados is considered “healthy”. “Healthy” fats are unsaturated fats and they can help your heart. However, not all fats are created equal! The less healthier fats are saturated fat and trans fat. You should eat less of these fats.**

**A food label tells you how much total fat (healthy and unhealthy) there is. To find out how much of this total fat is “healthy” sometimes you need to do some math.**

- 1) If you know the amount of total fat, saturated fat, and trans fat, can you calculate the amount of unsaturated fat?  
(Look at the grams (g), not the percent Daily Value)

Total Fat (g) \_\_\_\_\_

Saturated Fat (g) \_\_\_\_\_ (subtract)

Trans Fat (g) \_\_\_\_\_ (subtract)

= \_\_\_\_\_ Unsaturated Fat (g)

- 2) List 2 reasons why avocados can keep your body healthy.

## Nutrition Facts

Serving Size: 1/4 cup avocado, sliced (30g)

Calories 50

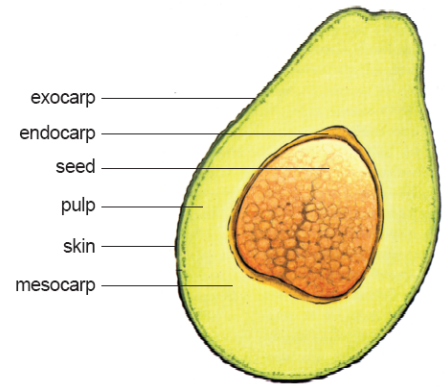
Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Vitamin C 4%
Calcium 0%	Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Reading Comprehension 2.3, 2.4, Mathematics 2.0  
Essential Concepts 7/8.1.N.2, 7/81.N.6

Avocados grow on a tree. Take a look inside an avocado!



# Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non-fat milk, and choosing more whole grains).

## Steps to Setting a Goal:

- 1) Define your goal.
- 2) Write down the small steps you will take to achieve your goal.
- 3) Set a deadline.

1) My goal is to \_\_\_\_\_

2) To achieve this goal, I need to take the following steps:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3) I will achieve my goal by \_\_\_\_\_

# June Peaches



**Did you  
know?**

- Peaches are a good source of Vitamin C.
- Peaches are a source of potassium.
- The peach comes from a fruit-bearing tree of the rose family and is native to China.

**Summarize the above information:** \_\_\_\_\_

\_\_\_\_\_

**List 3 adjectives that describe peaches:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_  
cups of peaches  
or orange/yellow  
fruits this week.



1) Peaches are a good source of \_\_\_\_\_  
and \_\_\_\_\_.

2) Vitamin \_\_\_\_\_, is also known as  
an \_\_\_\_\_. This can help  
promote \_\_\_\_\_ health, and keep the  
\_\_\_\_\_ system healthy.  
(Hint: look at the mandarin worksheet)

3) List 6 fruits or vegetables that are a good or high  
source of vitamin C from this workbook.

_____	_____
_____	_____
_____	_____

## Nutrition Facts

Serving Size: 1 medium peach (150g)

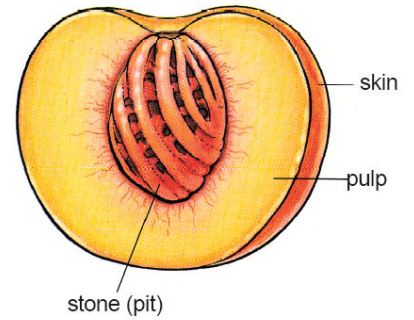
Calories 59

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Vitamin C 17%
Calcium 1%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Peaches grow on a tree. Take  
a look inside a peach!



# A letter to your parents

Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why it is good for you, and include an example of a nutritious breakfast that you would like to eat.

Date: \_\_\_\_\_

Dear \_\_\_\_\_,

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---

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Love,

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# Seasonal Guide to Fruits and Vegetables

*It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.  
Keep it safe! You should always rinse your fruits and vegetables before you eat them.*

Spring	Summer	Fall	Winter	Year-Round
apricots artichokes asparagus avocados bell peppers collard greens grapefruit green peas guavas mangos oranges papayas rhubarb strawberries swiss chard	apricots avocados bell peppers cantaloupe cherries corn grapes green beans green peas honeydew mangos nectarines okra	acorn squash brussels sprouts butternut squash chayote squash cherimoya grapes green beans honeydew kiwifruit okra pears persimmons pomegranates pumpkins sweet potatoes swiss chard tangerines tomatoes turnips	avocados brussels sprouts chayote squash cherimoya collard greens grapefruit guavas kiwifruit mustard greens oranges pears tangerines turnips	apples bananas beets bok choy broccoli cabbage cactus leaves canned fruits and vegetables carrots cauliflower celery chili peppers cucumbers dried fruit eggplant frozen fruits and vegetables garlic green onion jicama kale leeks lemons lettuce limes mushrooms onions parsnips pineapples potatoes radishes spinach tomatoes 100% fruit juice 100% vegetable juice



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



# Acknowledgements

This Harvest of the Month workbook was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2<sup>nd</sup> grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3<sup>rd</sup> through 6<sup>th</sup> grade workbooks. We would also like to thank Hawthorne and Montebello Unified School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

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